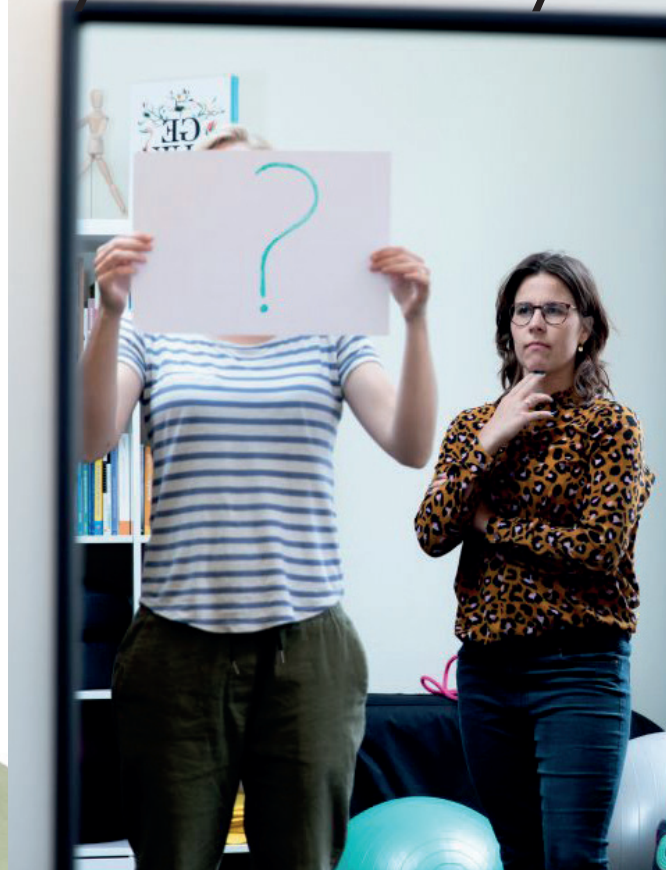




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## **Eating disorders**

- Instruction:** Use the 'Protocol Positive body experience', to enhance aesthetic, functional and tactile body experience. Use the evidence based 'PMT-module aggression regulation' to reduce anger internalization. Anger is revalued as a positive, body-felt, and liberating force to encounter the self-destructive force of the eating disorder. Address maladaptive exercise behaviour, in four phases: psycho-education, preparation, action, and maintenance of healthy exercise.
- Exercise:** Standing in front of a mirror, use positive words to describe the positively experienced bodyparts. Alternatively, compare own body parts positively with those of other women in pictures. Crossing the 'Aggression Street': a symbolic exercise for dealing with mental blocks or to re-enact painful situations. Objects are laid out in the therapy room, representing, eg. punishing inner voices, negative body fixations, the false control of the eating disorder.
- Goal:** Focusing on a more social way of exercise in contrast to individuality, to shift from burning calories to enjoying the movement by itself and regaining a balance between exercise and relaxation.
- References:** Boerhout, C. (2017). Psychomotor Therapy and Aggression Regulation in Eating Disorders. <https://research.rug.nl/en/publications/psychomotor-therapy-and-aggression-regulation-in-eating-disorders-2>. Rekkers, M. E., et al. (2022). Shifting the Focus: A Pilot Study on the Effects of Positive Body Exposure on Body Satisfaction, Body Attitude, Eating Pathology and Depressive Symptoms in Female Patients with Eating Disorders. *International Journal of Environmental Research and Public Health*, 19(18), 11794.